Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9
In31H
Reserve

Homemaker News

EXCLUSIVE TO STATE EXTENSION EDITORS

U.S.D.A. PRESS SERVICE, OFFICE OF INFORMATION, AND EXTENSION SERVICE

LIBRARY
RECEIVED
★ OCT 9 1942 ★
U. S. Department of Agriculture

(Digest of Market Basket for September 23, 1942)

WHEN WAR WORKERS EAT OUT

- - - -

Eating the right food for good health is a "must" for war workers these busy days. Both the war worker and the homemaker need to share the responsibility of planning a well-balanced day's eating.

If you eat one meal out and two at home each day, tell the person who plans family meals what the bought meals are like, so that types of food lacking may be supplied at home, home economists advise war workers in a new Department of Agriculture publication entitled "When You Eat Out."

_____here gives some suggestions
(Name) (Title) (Place)
from this publication telling how to make sure you get the right food.

For health and fitness adults need each day milk, fruit, green or yellow vegetables, and the other types of foods that round out a good diet. With war production speeding night and day, thousands of workers eat at topsy-turvy hours. But whatever the hours of your working shift, don't slip into the habit of hit-or-miss meals.

For night workers, four meals are often better than three. A good schedule for for such a worker may be: A hearty breakfast when you get home from work and before sleep, a light meal on waking, a more substantial meal later on before going to work, and a night lunch during work hours.

In buying meals, choose your eating place with care. Try to find a clean, cheerful place that serves a variety of food, well cooked. In looking over the menu, judge the price and food list together and get good nourishment for your money. Before taking "specials" on the menu, see if they provide the combination of food you need. If you don't like a food you need, try it again or try it served another way.

557-43 (49)